

Nutritional information

Nutrient	Per Serve	Per 100g
Energy	1708.00kJ	789.00kJ
Protein	18.40g	8.50g
Total Fat	10.40g	4.80g
Saturated Fat	4.80g	2.20g
Carbohydrate	56.70g	26.30g
Fibre	5.00g	2.30g
Sodium	232.00mg	107.00mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

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PLU 479

Veggie Pizzas

This meal pack includes:

Dry Ingredients:

- 1 bag of pizza dough mix (2 cups)
- 1 pack of dried yeast (7g)
- 2 Tablespoons dried mixed herbs
- 1 jar tomato paste
- 184g can mushrooms

Fresh Ingredients:

- 1 onion
- 1 zucchini
- 1 red capsicum
- 1 block low fat cheese (80g)

Vegetarian Dish

Preparation time: 15 minutes Cooking time: 30 minutes **Serves 4**

(Optional to leave the dough to rise for a further 1 hour)

MAKES 2 MEDIUM PIZZAS

ADD your own extra toppings if you like!



Developed by Community Foodies in conjunction with
Community Food SA

Veggie Pizzas

Time Required

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

- 1 bag of pizza dough mix (2 cups)
- 1 pack of dried yeast (7g)
- 2 teaspoons canola oil (not provided)
- Plain flour (for kneading - not provided and not essential)
- 1 jar tomato paste
- 1 onion
- 184g can mushrooms
- 1 red capsicum
- 1 zucchini
- 1 cup (80g) grated low fat cheese
- 2 Tablespoons dried mixed herbs

Tips and Ideas

- Add extra vegetables or toppings if you like such as red onion, olives, fresh tomato slices, lean ham, unsweetened pineapple, pumpkin, sweet potato.
- The pizzas can be cooked in the oven OR in an electric non-stick frying pan. See cooking instructions.

Cooking Instructions

To make the pizza dough:

1. Pour 3/4 cup warm water into a medium sized bowl.
2. Add the dried yeast & oil – mix well.
3. Add the pizza dough mix and combine well with a wooden spoon .
4. Knead on the bench with clean hands until dough comes together.
5. This takes about 3-5 minutes – add some flour if you need to (.you can leave the dough in a bowl in a warm place for 1 hour to rise, or continue with the recipe if you don't have time.)
6. Divide the dough into 2 pieces and roll each piece into a ball and set aside until toppings are ready.

Prepare your toppings:

1. Peel and slice the onion, slice the capsicum and zucchini.
2. Drain the can of mushrooms and chop if desired.
3. Grate the cheese (if not already grated).

Top and cook your pizzas:

1. Roll each ball of dough out with a rolling pin (or use a clean jar) to about ½ - 1 cm thick (or about 30cm x 20cm).
2. **If cooking in the oven** - lightly spray or oil your oven trays – place base onto tray/s.
3. **If cooking in an electric fry pan** – lightly spray or oil your fry pan – place one base in the pan (you will need to cook one at a time).
4. Spread 2-3 Tablespoons tomato paste onto each base.
5. Divide toppings between the 2 bases - add extra toppings you like!
6. Sprinkle each pizza with ½ cup cheese and 1 Tablespoon of herbs.
7. **To cook in oven** – bake at 180° for about 30 minutes until crispy.
8. **To cook in electric fry pan** – cook on medium heat with lid on for 20 mins, then remove lid, cook for extra 5 minutes until base is crispy.